**No smoking while you’re Pregnant**

**Tens Reasons to not Smoke While Pregnant**

**1. It can cause harm to the embryo**

**2. It doubles the chances of premature birth**

**3. Smoking cigarettes is the No. 1 cause of adverse outcomes for babies**

**4. It can cause the baby to have mental issues**

**5. The smoke goes into the babies tissues when you smoke**

**6. It increases the chances for the baby to get sick**

**7. 10% of embryos exposed to smoking die before birth**

**8. The smoke clogs the babies blood stream and cuts off its oxygen**

**9. 50% of all babies exposed to smoking die before they are 10**

**10. 90% of all teens who were exposed to smoking during their embryo days have mental issues**

